

Quit Tips and Tricks for COPD

1. Try Using the 4 **D**s:

Delay – it takes longer to smoke a cigarette than for the craving to pass

Distract yourself with a healthy behavior until the craving passes

Drink Water

Deep Breathe

2. Practice Breathing Techniques

Breathe a normal amount of air in through your nose for a count of two; purse your mouth as if you are whistling and slowly blow the air out through your mouth for a count of four.

3. Pace and plan your activities to conserve energy.

4. Organize your day to avoid stress and tension.

5. Be physically active. Exercise is one of the most powerful tools to manage COPD.

6. Partner with a health care provider who can assist with creating a personalized quit plan.

7. Visualize yourself tobacco-free doing the activities you enjoy.

How do I know if I have COPD?

Take the Canadian Lung Health Test!

If you are over 40 and smoke or used to smoke, you may have COPD. Take this quick test to screen for symptoms of COPD:

- Do you cough regularly?
- Do you cough up phlegm regularly?
- Do even simple chores make you short of breath?
- Do you wheeze when you exert yourself (exercise, go up stairs)?
- Do you get many colds and do your colds usually last longer than your friends colds?

If you answered yes to one or more of these questions, you may have symptoms of COPD.

See your doctor to find out what is causing your symptoms. Your doctor may order a simple breathing test called spirometry.

Is COPD taking your breath away?



Quitting smoking – the best thing you can do for your health, your lungs and your COPD.



Is COPD taking your breath away?

We often don't think about our lungs until something is taking our breath away. Unfortunately, many people are becoming short of breath due to Chronic Obstructive Pulmonary Disease (COPD).

COPD is a common lung disease which includes both chronic bronchitis and emphysema. Although there is no cure for COPD, there are ways to help manage the disease. Quitting smoking will help slow down the disease and improve your quality of life.

What does COPD do to the lungs?

COPD slowly damages your airways, and the tiny air sacs in the lungs that move oxygen into the bloodstream. This damage makes it hard to get air in and out of the lungs.

The main symptoms of COPD are:

- shortness of breath
- cough
- phlegm (mucous) production

All of these symptoms can limit physical activity.

How can quitting smoking help my COPD?

Smoking is the most common cause of COPD. In addition to medications and exercise, **quitting smoking is key to managing COPD.** Continuing to smoke will cause more shortness of breath, chest infections, coughing and phlegm (mucous) production.

By quitting you:

- prevent further lung damage
- help your COPD medications to work better
- will be able to exercise more
- reduce your risk of sudden worsening of symptoms

Smoking adds to the burden of this often debilitating disease. Don't let it!

Get STARTED today!

Set a quit day and develop a quit plan. The sooner the better!

Tell a friend or a health care professional. Enroll a quit buddy or talk with a health care provider that will support your plan to quit.

Anticipate Challenges: Know your triggers (things that make you want to smoke) and be ready for withdrawal symptoms or cravings. Make a plan to deal with challenges with something other than cigarettes.

Remove Tobacco Products. Get rid of cigarettes, lighters and ashtrays. Making your home and car tobacco-free is not only healthy for you, but for those around you as well.

Therapy: Drug therapy and counselling therapy (developing strategies to quit smoking) used together, provide the best odds of successfully quitting for good. Explore your options.

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